

# muse

Montbello Urban Spectrum Edition • Volume 1 Number 6 • July/August 2017

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Seniors **Shaping** the  
**Montbello** Community!

# MONTBELLO

ORGANIZING COMMITTEE

Join us for the first annual

## *Montbello ALIVE! Celebration*

Saturday, September 23, 2017

Montbello Campus & Montbello Central Park

5K Run & One Mile Walk, 9:30am  
FEASTival Celebration, 10am-2pm



Come gather around healthy foods, various forms of physical activities, music, culture, community voice, and more!

Sign up to run or walk!

<https://runsignup.com/montbelloalive/signup>

All ages welcome!



Questions? Email – [montbelloalive@gmail.com](mailto:montbelloalive@gmail.com)

**Dear Readers,**

“SENIORS OUT LOUD” is the theme of this issue of MUSE. May was national Seniors Out Loud month which focused on recognizing the many contributions made by and vitality of older Americans. This theme, nationally and locally, shines a light on many important trends. Trends such as older Americans are living longer and working longer, trying new things, and engaging in their communities. They’re taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. What it means to age has changed, and the MUSE takes this opportunity to recognize and celebrate what getting older looks like today. I encourage each reader to reach out to seniors in your family, in your neighborhood, or down the block. Take the time to get to know what is on their minds and of the many contributions they have made and are making to the community in which they reside. Seniors, please reach out to us at the MUSE and let us know of your concerns about and aspirations for the community. Are you volunteering, running a business, caring for your grandchildren, advocating for the community? Contact us at [montbellonews@gmail.com](mailto:montbellonews@gmail.com) and tell us your story. We want to continue spotlighting seniors in addition to youth, businesses, and nonprofits who make a difference.

Respectfully,  
Donna Garnett, Editor  
Montbello Urban Spectrum Edition



*“We have the power of the pen to write the next chapter, and the privilege to author the page in whatever fashion we choose. Yet, seldom do we understand the power of the pen and the privilege of the page.”*

— Craig Lounsbrough

## LETTERS, OP-EDS AND MUSINGS...

## Governor Sights Legislative Session As Most Productive Since 2011

By State Rep James Coleman

What an amazing first legislative session we had representing Montbello, Green Valley Ranch, Parkfield, Gateway Park, Stapleton, and Park Hill at the Colorado State Capitol! I’m honored to serve as your House District 7 State Representative, and I’m grateful for your support!

Governor John Hickenlooper called this session “the most productive legislative session” since he took office in 2011. Through bipartisan efforts, we stood up for an inclusive Colorado, and fought back against attacks on women’s reproductive rights. We also moved the ball forward on contraceptive coverage, equal pay for equal work, and a quality education for every child. We will continue our work on an agenda that gives everyone who works hard, and plays by the rules a chance to get ahead. From family and medical leave to making college more affordable for Colorado families, we will continue working on these important issues!

Due to the good work of our budget committee, we were able to avoid painful cuts and craft a budget that gives a \$242-per-student funding boost to schools in a year where school funding was expected to take a significant hit. Higher education was also a focus as we increased funding for the ASCENT



program, which helps students get a head start on their college education through concurrent enrollment, so high school students can enroll in community college classes to earn college credit while completing their high school degree. The budget provides more funding for affordable housing, boosts funding for substance abuse treatment across the state, and protects core services that our seniors and those with disabilities rely on to thrive. From the energy sector, our work adds inspectors in the Colorado Oil & Gas Conservation Commission, which oversees oil and gas drilling to help ensure our communities are safe and to defend against pollution.

While these are great accomplishments made by our colleagues and us as a whole, we’re especially proud of our efforts in the form of successfully passing 7 out of 8 bills our office introduced. Of those 7 successfully passed bills, we’d like to share a few of them with you. We passed the following: HB17-1201, authorizing a high school diploma endorsement in science, technology, engineering and mathematics (STEM) to students who demonstrate mastery in STEM; HB17-1211, creating a pilot program (gifts, grants and donations only) for schools to develop professional development strategies to encourage culturally responsive methods of student discipline; HB17-1215, creating the peace officers mental health support grant program and encouraging police and sheriff’s departments to provide on-scene response services to support officers’ handling of persons with mental health disorders; and, HB17-1214, requiring the Colorado Office of Economic Development to promote employee ownership as part of its small business assistance center. Lastly, our office led efforts to increase funding by \$1 million for the Tony Grampsas Youth

*Continued on page 5*



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# Montbello Seniors

## “Age Out Loud”

By Donna Garnett

**C**olorado is aging and so is Montbello. According to the state demographer’s office Colorado’s over 65 population grew 29 percent between 2010 and 2015 – the third fastest rate in the country. This growth is projected to increase by 68 percent by 2030. Montbello is home to 5000 plus residents ages 55 and older and estimates based on census data suggest that between 1500 and 2500 residents are 75 years and older.

Migration of older adults into the state accounts for only a small portion of this growth. By far the biggest reason for this increase is the fact that a substantial proportion of people who already live in the state are reaching retirement age and beyond. This demographic shift has significant ramifications for the state and the Montbello community. Everything from the economy to transportation systems to housing to the workforce is and will be affected by this trend for decades to come.

The concept of “aging in community” is the new standard shaping a community’s response to its increase in aging population. The concept simply means living till the end of one’s life in the place where one feels they belong, surrounded by the people they care about, doing the things they like to do, and, even, eating the foods that are familiar to them and that they like. Not really such a new concept after all – just one that society drifted away from during the last 50 years or so. Yet, as the community ages and one’s infirmities increase, the challenges to both family members and the community require acute adaptation. These adaptations are not easily accomplished and resources to help address those challenges aren’t necessarily increasing at a commensurate pace.

The magnitude of change occurring has prompted city and state policymakers and community leaders to act. At the state level, the Governor and General Assembly created the Strategic Action Planning Group on Aging (SAPGA) in 2015. The role of SAPGA was to create a vision for Colorado’s aging population and make recommendations as to how to reach that vision. The group released their findings and recommendations in late 2016 and will continue to work through 2017 to look at how emerging technology and innovation can help communities prepare for aging, how to work with seniors to support their own wellness and mobility, and how the private sector can complement public programs to support Colorado seniors. In accordance with the legislation that established SAPGA, the work and recommendations will be brought before the legislature in 2018 to update and inform policymakers.

At the city-level, Mayor Hancock directed the Denver Office on Aging and the Commission on Aging to update the 2010 Age Matters Report. As a result, a series of community conversations were held with seniors representing the city’s aging. In addition, City agencies and commissions were surveyed as to the impact changing demographics will have on services and quality of life.

The 2015 Age Matters Update Report, includes a vision for seniors in five areas including:

**Social Health Vision:** Promote a vibrant quality of life that allows older adults the opportunity to continue their social growth and development.

**Transportation Vision:** All modes of transportation will support mobility needs of the aging population.

**Housing Vision:** Support aging in community through innovative, safe, and accessible housing options.

**Coordinated Services Vision:** Facilitate the dissemination and education of current resources available to the aging population of the Denver community.

**Employment Entrepreneurial Vision:** Support and promote employment/ entrepreneurial opportunities for older adults.

Subsequently, city agencies have participated in an Age Matters Needs Assessment and several new initiatives will launch in 2017. Visit the Human Rights and Community Partnerships website at [www.denvergov.org](http://www.denvergov.org) for updated information on the initiatives and timelines.

Certainly, state, and municipal efforts set a stage where resources and policies can be targeted to neighborhood challenges. In the meantime, neighbors are speaking out about their needs and the challenges they are facing as they attempt to remain in the community that is their home. Recent conversations with residents highlight the concerns that Montbello seniors express.

**Housing** – many older residents have lived in Montbello for decades and are concerned about how they can care for and maintain their property. Recent property tax increases have raised alarm among those living on fixed incomes. Will they be able to continue to live in their homes and if not, where will they go? Among those living in rental situations, concerns about renter’s rights and absentee landlords rise to the top.

**Health Care** – as people age their medical needs rise as well. Montbello’s health care system is already stressed to the maximum. The elderly and disabled are all too often limited in their options due to lack of transportation. Some residents report waiting for three to five months for appointments at Denver Health and may never get to see a specialist for problems specific to aging.

**Transportation** – older residents point to the sheer lack of transportation options to get to where they want to go, whether that be to a grocery store, to medical and other services, to other neighborhoods to visit family and friends. While some rely upon RTD’s Access-A-Ride, that option is very limited and the time required to establish an appointment for a ride can take weeks. Safety is a big concern for many as some bus stops lack shelter from the weather, safe street crossings, and sidewalks.

**Social Connections** – across all groups, seniors (especially those who are disabled, those who lack transportation, and those who are homebound) express their frustration at the lack of anything to do and the isolation they experience. Many talk about their desire to have intergenerational connections and their wish to lead a meaningful life contributing to the community.

The writing is on the wall – our community is aging and along with that fact comes the challenge for Montbello to assess its own capacity to accommodate seniors “aging in community.” Are we ready for the changing trends? ♥

*Editor’s note: Donna Garnett, M.S. is editor of the MUSE. She considers it a privilege to communicate with people of all ages and circumstances living, working, worshipping, and playing in Montbello and to convey those sentiments to decision-makers and the public at large. Her overarching purpose is to ensure that residents are the drivers of change in their own community.*

# Personas Mayores de Montbello

## “Se Envejecen con la Voz Alta”

Por Donna Garnett / Traducido por Marta Welch

Colorado está envejeciendo y también a Montbello. Según la oficina del demógrafo estatal, la población de más de 65 años de Colorado creció 29 por ciento entre los años 2010 y 2015 – la tercera tasa más rápida en el país. Este crecimiento es proyectado para aumentar por 68 por ciento en 2030. Montbello es el hogar de 5000 y más residentes de la edad de 55 y más, y el estima basado en datos de censo sugieren que entre 1500 y 2500 residentes tienen 75 años y más.

La migración de adultos mayores hacia el estado representa sólo una pequeña porción de este crecimiento. La mayor razón para este aumento es el hecho de que una proporción sustancial de personas que ya viven en el estado están alcanzando la edad de jubilación y más allá. Este cambio demográfico tiene ramificaciones significativas para el estado y la comunidad de Montbello. Todo, desde la economía hasta los sistemas de transporte, a la vivienda y la fuerza laboral, está y será afectado por esta tendencia en las próximas décadas.

El concepto de “envejecimiento en comunidad” es el nuevo estándar que da forma a la respuesta de una comunidad a su aumento en el envejecimiento de la población. El concepto significa simplemente vivir hasta el final de la vida de uno en el lugar donde uno siente que pertenece, rodeado por las personas que les interesan, haciendo las cosas que les gusta hacer, e incluso comiendo los alimentos que son familiares y que les gusta. No es realmente un concepto tan nuevo después de todo – sólo uno de los cuales la sociedad se alejó por los últimos cincuenta años o así. Aún, mientras que la comunidad envejece y las debilidades de una persona aumentan, los desafíos tanto para los miembros de la familia como para la comunidad requieren una adaptación aguda. Estas adaptaciones no son fácilmente alcanzables y los recursos para enfrentar esos desafíos no están necesariamente aumentando a un ritmo proporcional.

La magnitud del cambio que ocurre ha incitado a las autoridades municipales y estatales y a los líderes de la comunidad a actuar. En el nivel estatal, el Gobernador y la Asamblea General creó el Grupo de Planificación de la Acción Estratégica Sobre Envejecimiento (SAPGA) en el año 2015. El papel de SAPGA fue crear una visión para el envejecimiento de la población de Colorado y hacer recomendaciones sobre cómo alcanzar esa visión. El grupo publicó sus conclusiones y recomendaciones a finales del 2016, y continuará trabajando a través de 2017 para mirar cómo la tecnología emergente y la innovación pueden ayudar a comunidades a prepararse para el envejecimiento, cómo trabajar con personas mayores para su propio bienestar y movilidad, y cómo el sector privado puede complementar los programas públicos para apoyar a adultos mayores de Colorado. De acuerdo con la legislación que estableció SAPGA, el trabajo y las recomendaciones serán traídos a legislatura en 2018 para actualizar e informar a los responsables políticos.

Al nivel de la ciudad, el alcalde Hancock dirigió la Oficina de Denver en el Envejecimiento y la Comisión del Envejecimiento para actualizar el Informe de Asuntos de la Edad del 2010. Como resultado, una serie de conversaciones de la comunidad se llevaron a cabo con personas mayores que representa el envejecimiento de la ciudad. Además, las agencias de la Ciudad y las comisiones fueron encuestados en cuanto al impacto que los cambios demográficos tendrán sobre los servicios y la calidad de vida.

El Informe de Actualización de Asuntos de la Edad de 2015, incluye una visión para las personas mayores en cinco áreas incluyendo:

**Visión de la Salud Social:** Promover una calidad de vida vibrante que permite a adultos mayores la oportunidad de continuar su crecimiento y desarrollo social.

**Visión de Transporte:** Todos los modos del transporte apoyarán necesidades de movilidad de la población envejecida.

**Visión de la Vivienda:** Apoyar al envejecimiento en la comunidad a través de opciones de vivienda innovadoras, seguras y accesibles.

**Visión de Servicios Coordinados:** Facilitar la disseminación y la educación de recursos actuales disponibles para la población envejecida de la comunidad de Denver.

**Visión Empresarial del Empleo:** Apoyar y promover el empleo/ oportunidades empresariales promover para adultos mayores.

Posteriormente, las agencias de la ciudad han participado en una Evaluación de Necesidades de Asuntos de la Edad y varias nuevas iniciativas lanzarán en el 2017. Visite el sitio de web de Los Derechos Humanos y Sociedades de la Comunidad en [www.denvergov.org](http://www.denvergov.org) para la información actualizada sobre las iniciativas y cronologías.

Ciertamente, los esfuerzos del estado y municipales establecen un escenario donde los recursos y procedimientos pueden ser dirigidos a los desafíos del barrio. Mientras tanto, los vecinos están hablando acerca de sus necesidades y los retos que ellos enfrentan en sus intentos de permanecer en la comunidad que es su hogar. Las conversaciones recientes con residentes destacan las preocupaciones que la personas mayores de Montbello expresan.

Recientes conversaciones con residentes resaltar las preocupaciones que Montbello ancianos expresan.

**Vivienda** – muchos de los residentes mayores han vivido por décadas en Montbello y se preocupan de cómo pueden cuidar y mantener su propiedad. Recientes aumentos de los impuestos de propiedad han aumentado la alarma entre aquellos que viven con ingresos fijos. ¿Serán capaces de seguir viviendo en sus casas y si no, a dónde irán? Entre aquellos viviendo con situaciones de alquiler, preocupaciones sobre el arrendatario de derechos y los propietarios absentistas ascenden a la cima.

**Cuidado de la Salud** – a medida que las personas envejecen su subida de necesidades médicas aumentan también. El sistema del cuidado de la salud de Montbello ya está estresado al máximo. Los ancianos y los discapacitados son muy a menudo limitados en sus opciones debido a la falta de medios de transporte. Algunos residentes informan a la espera de tres a cinco meses para citas en Denver Health y nunca pueden llegar a ver a un especialista para problemas específicos relacionados con el envejecimiento.

**Transporte** – los residentes mayores señalan la pura falta de opciones de transporte para llegar a donde quieren ir, ya sea a una tienda de comestibles, a servicios médicos y otros, a otras vecindades para visitar a familia y amigos. Mientras que algunos dependen en el Access-a-Ride de RTD, esa opción es muy limitada y el tiempo necesario para establecer una cita para un viaje puede tomar semanas. La seguridad es una gran preocupación para muchos como a algunas paradas de autobús le faltan refugio del clima, calles seguras de cruzar, y aceras.

**Conexiones Sociales** – a través de todos los grupos, las personas mayores (especialmente aquellos que son discapacitados, aquellos a quien les falta el transporte y aquellos que no pueden salir) expresan su frustración por la falta de cualquier cosa que hacer y el aislamiento que experimentan. Muchos hablan de su deseo de tener conexiones intergeneracionales y su deseo de llevar una vida significativa, contribuyendo a la comunidad.

La escritura está en la pared – nuestra comunidad está envejeciendo y junto con ese hecho viene el desafío para Montbello para evaluar su propia capacidad para acomodar a las personas mayores “que envejecen en la comunidad”. ¿Estamos listos para los cambio de tendencias?

*Nota del editor: Donna Garnett, M.S. es la editora del MUSE. Ella lo considera un privilegio comunicarse con personas de todas las edades y circunstancias de vida, trabajando, adorando y jugando en Montbello y transmitiendo esos sentimientos a los tomadores de decisiones y el público en general. Su propósito primordial es asegurar que los residentes son los impulsores de cambio en su propia comunidad.*



Please join us for  
**Mayor Michael B. Hancock's  
 STATE OF THE CITY ADDRESS**

Hlawatha Davis Jr. Recreation Center  
 3334 Holly St., Denver, CO 80207  
**MONDAY, JULY 10, 2017 | 11 AM - 12 PM**

Followed by a  
**COMMUNITY COOKOUT**  
 12PM - 2PM

Mayor Hancock and city staff will be  
 flippin' burgers and serving up great grub for  
 the Denver community.

Come enjoy the park, complimentary food,  
 pickup basketball, lawn games and your  
 neighbors.

Events are open to the public!

On-street parking is available around the Rec Center  
 and Skyland Park as well as at the King Baptist Church  
 parking lot. Please be respectful of our Northeast Park Hill  
 neighbors when parking and please carpool when possible.

Sign language and Spanish translation will be made available.  
 For other public accommodation requests, email  
 Anthony.Aragon@denvergov.org



**National Night Out and the  
 Green Light Day Project**

Steps To Success Youth Advisory Board (YAB) is proud to present the "Green Light Day Project" on Tuesday, August 1. The YAB is asking Montbello neighbors to help spread the word about the Green Light Day Project and support our children's safety by purchasing a green light bulb and placing it in your outside lights on National Night Out. The Green Light Day Project is intended to help impact social change in our community by simply lighting a green light bulb.

The green light bulb is a symbol of safety and will serve as a beacon of hope on National Night Out from 8:45 to 9 p.m. for all children ages five to thirteen in our Far Northeast community. In conjunction with Colorado's observance of National Night Out, residents are asked to flash a green outside light at 8:45 p.m. to encourage children to head home. At 9:00 p.m. residents are asked to leave on their green outside light to indicate that the children in the community have made it home safely. Safety starts with awareness and in our community, we want to #keepourkidssafe (KOKS).

National Night Out is also an opportunity to connect with neighbors and discuss the resources that are needed in the community to keep kids safe. Consider using this opportunity to gather neighbors together to discuss ways in which your neighborhood can address neighborhood concerns and consider crime prevention approaches.

The Steps To Success Youth Advisory Board will also have t-shirts available for purchase with the Green Light Day Project logo and slogan. All proceeds from the sale of the shirts will support Steps To Success positive recognition programs and social action projects that benefit Far Northeast communities.

For more information and to order t-shirts, call 720-593-9795/ or 720-541-6520 or email [stepsforsuccessyouth@gmail.com](mailto:stepsforsuccessyouth@gmail.com).

**John Amesse – DPS Board  
 Selects Restart School**

In May, the Denver Public Schools Board of Education determined that three schools met the school-specific conditions to be considered as potential restart providers for John Amesse Elementary. These determinations also included an assessment of each applicant's ability to provide a Transitional Native Language Instruction (TNLI) model. Restart applicants met with the school's Community Review Board (CRB), which included parents from John Amesse and community members as well as professional reviewers. Each CRB was responsible for developing an evidence-based recommendation for the DPS Superintendent that defined which of the available high-quality providers it believed would be the "best available option" for the school community. On June 7, the Amesse CRB decided in a 3-2 vote to recommend McGlone Elementary School's new network, The Montbello Children's Network, to serve as the restart school for this location.

On Monday, June 19, the Denver School Board voted to accept the Amesse CRB's recommendation and designated the Montbello Children's Network at McGlone Elementary as the restart entity for John Amesse Elementary beginning in the 2018 – 2019 school year. The current staff of the school will continue providing the school program during the 2017-2018 school year.

**NEED HELP BUYING GROCERIES?**

- Receive one-on-one assistance with applying for **food stamps**
- Referrals to **food pantries** and free meals
- Get information on child and senior **nutrition programs**

**Food Resource Hotline**  
 CALL US TODAY! STATEWIDE TOLL-FREE **855-855-4626**  
 METRO DENVER **720-382-2920**

**¿NO LE ALCANZA EL DINERO PARA COMPRAR COMIDA?**

- Reciba ayuda personalizada para solicitar las **estampillas de comida**
- Derivaciones a **bancos de comida** y comidas gratis
- Obtenga información sobre **programas de nutrición** para niños y ancianos

**Línea Directa de Recursos de Comidas**  
 ¡LLÁMENOS HOY! LÍNEA ESTATAL **855-855-4626**  
 METRO DENVER **720-382-2920**

**HUNGER FREE COLORADO** [HungerFreeColorado.org](http://HungerFreeColorado.org)

*Continued from page 1*

Services Program, which supports programs to help prevent child abuse and neglect, and to reduce youth crime and violence

While we are committed to continuing to do great work, we know there are always ways we can improve to better represent our local communities in House District 7. We would love to hear from you. Please let us know how we can better serve you, and share your policy ideas by emailing the House District 7 office at james.coleman.house@state.co.us. Again, thank you for your support. We look forward to spending time with all of you during the interim and back at the Capitol in 2018. Much love!

James Coleman  
Colorado State Representative

*Editor's note: State Representative James Coleman, serving Montbello, Green Valley Ranch, Parkfield, Gateway Park, Stapleton, and Park Hill represents House District 7.*

## 2017 Legislative Session Ends Successfully

By Senator Angela Williams

The 2017 legislative session ended on May 10, 2017. In my first year serving as a State Senator I would describe the session as successful. In total, I introduced 14 pieces of legislation and 10 were passed and signed by the Governor. The Senate Democratic Caucus was focused on protecting Colorado's progress on issues important to the middle class – progress on healthcare, protecting our natural environment, and maintaining our business-friendly climate. While Senate Democrats worked with Republicans where possible to accomplish good bipartisan work for the people of Colorado, we also stood firm against the Trump agenda being pushed by a far-right group of activist Republican legislators.



Colorado remains one of the best places in the nation to start a business, earn a living wage, and raise a family. A meaningful job that pays a living wage, a great education for our kids and college students alike, and making sure that Colorado's environmental and civil rights laws remain the envy of the nation is all part of protecting the Colorado way of life that we all find so special. Senate Democrats focused on making sure that the Colorado way of life is something we continue to enjoy.

### Specific Accomplishments for Senate Democrats

**Hospital Provider Fee Bill (SB267).** This bill saves funding for hospitals across the state. In this tight budget year, hospitals were facing a \$264 million cut from the hospital provider fee, which would have resulted in over \$500 million in cuts to hospitals when matching federal dollars are included. This bill protects these hospitals while also freeing some funding for rural schools and transportation projects across the state.

**Construction Defects (HB1279),** which I worked on with a bi-partisan group of legislators strikes a balance between the issue of homebuilders being reluctant to build condominiums due to the threat of lawsuits over defects, and the protection of homeowners' right to sue should their home have a defect. This year, the legislature struck a compromise that allows homeowners to still sue for defective construction on a building. This is significant for making housing more attainable for Colorado families and young people who want to buy their first home.

**Combating the Opioid Epidemic (SB74 and SB193)** The heroin and opioid addiction epidemic is a problem that is plaguing the state of Colorado. This epidemic has particularly harmed young people, but there just aren't enough treatment options available to combat its impact on our friends. Senate Democrats led on two bills to combat the epidemic. SB74 creates a pilot program that will award grants to community and office-based practices, behavioral health organizations, and substance abuse treatment organizations to increase access to addiction treatment.

*Successes for me personally and for constituents of SD 33 include:*

**Participating Provider Network Selection Criteria (SB 17-088).** This bill requires a health insurer to develop, use, and disclose to health care providers the standards the carrier uses for selecting providers for its network.

Currently, health insurers can remove a health care provider from their networks at-will and without notification. This bill will benefit physicians and patients by increasing the transparency in healthcare provider selection for a network.

**Breast Density Notification Required (SB17-142)** This bill requires facilities providing mammography to inform women if they have dense breast tissue. This is important because if a woman has dense breast tissue, she is more likely to have breast cancer. Right now, many facilities do not notify women about their breast density after a mammogram. This bill promotes women's health by giving them the information to make the best decisions about their health and will save lives.

**Hate Crime Reporting By Law Enforcement (HB17-1188)** The bill will require specific reports on hate crimes by law enforcement agencies. Specifically, the department of public safety would include in its annual (SMART) Government Act hearing information concerning reports submitted by law enforcement agencies concerning crimes committed in the state during the previous year, including but not limited to information concerning reports of bias-motivated crimes. This closes a gap in how we understand hate crimes in our state.

The biggest disappointment of the 2017 session was the death of the Transportation Compromise (HB1242). A bi-partisan group of legislators came together on a bill that would put the power to decide our transportation funding future in the hands of the people of Colorado. HB1242 would have referred a measure to the people to ask if they wanted to increase the sales tax by less than one percent to raise money to fix our roads and bridges. Senate Republicans sided with far-right Tea Party groups, and killed the bill before it could be heard before the full Senate.

To see a full legislative briefing of my accomplishments in the 2017 legislative session please visit [www.angela4colo.com](http://www.angela4colo.com).

Angela Williams  
Colorado State Senator

*Editor's note: Angela Williams is the current Colorado State Senator representing Senate District 33 which includes Montbello. She is proud to serve such a dynamic and diverse community.*

Please invite us to dinner!



Colorado Black Arts Movement

and the

Montbello Organizing Committee

Want to have dinner in 20 Montbello homes in July!

*We'll buy the ingredients – you cook!*

Working toward our *Montbello Alive!* theatrical production of *"My Dinner in Montbello"* on September 23, we want to share a meal with your family to have a peek inside and learn what's going on.

Please contact [MontbelloNews@gmail.com](mailto:MontbelloNews@gmail.com) for more info.

Or find us on Facebook at [Montbello FreshLo](#)

# It's Never Too Late to Take Charge of Your Health

By Nathifa Miller, J.D.

**Myth:** Once you are a certain age it is too late to improve your fitness and health.

**Fact:** You can train the older body. Moreover, research has shown that because there exists so much “untrained reserve” it’s possible for inactive people to make huge gains at a fast pace.

When we talk about fitness we must first take a moment to define the terms: physical activity, exercise, and physical fitness. These terms are traditionally used interchangeably, yet they describe different concepts.

•**Physical fitness** is a general state of health and well-being.

•**Physical activity** is movement that is carried out by the skeletal muscles. This movement involves contraction of your muscles that requires the exertion of energy. Examples are: housework, gardening, and walking.

•**Exercise** is a specific form of physical activity that is planned, structured, and repetitive. Through exercise there is the intent to improve or maintain physical fitness or other health benefits. Examples are cycling, dancing, walking, swimming, yoga, working out at the gym, or running.

Studies reveal that as we grow older we become increasingly inactive as it relates to physical fitness. Statistics demonstrate that by the age of 75, only 1 in 3 men, and 1 in 2 women, engage in physical activity. Many seniors cite their concerns about the risks of physical activity and exercise. On the contrary, research has established that the benefits of physical activity are far greater than the risks, even into the ages of 70’s, 80’s and 90’s.

For example, Chhanda Dutta, PhD, Chief of the Clinical Gerontology Branch at the National Institute on Aging states “studies confirm that exercise can help improve balance and coordination, boost memory, lift your mood, and prevent bone loss.” Researchers at John Hopkins Medicine have shown that exercise and physical activity are “beneficial to people of all ages, as it helps to lower blood pressure, lower the risks of falls and serious injuries (such as hip or wrist fractures), and slows the body’s loss of muscle and bone mass.” Moreover, exercise alone lowers the risk of type 2 diabetes, heart disease, high blood pressure, and some cancers.

One of the biggest benefits of exercise is that it helps prevent dementia and other cognitive changes. Argye Hillis, M.D, director of the cerebrovascular division at Johns Hopkins Medicine points out that “there is not much difference between an 18-year old brain and a 100-year-old brain. As such, exercise can help you live longer and healthier in your later years.

Rudy McClinton, a well-known expert and fitness professional and author of the video Life After Hip Replacement explains that “exercise has been proven to help (seniors) live independently, improve their cardiovascular function, their social skills, cognitive function and reduce their risk of falling.” His goal is to ensure the senior’s quality of life is improved. His motto is “you move it or lose it”.



Increasingly, older adults are making news with their record-breaking examples of physical activity. For example, Harriette Thompson, a grandmother from Charlotte, North Carolina, and a two-time cancer survivor, became the oldest woman to complete a half-marathon. She made the news when she competed in the Rock ‘n’ Roll San Diego Marathon, on June 4, 2017. She states, “I know I have limitations now that I didn’t have before. At age 94, I feel like I did when I was 16, but I can’t move as fast. Overall, I feel fine.”

Then there was Ernestine Shephard, age 90, who didn’t start exercising until the age of 56. At the age of 77 she was named the oldest bodybuilder by the Guinness World Records in 2010 and 2011.

In our own Montbello backyard resides Pam Jiner, organizer with GirlTrek, who at the age of 60 walks on average of 35 miles a week. In May 2017, she walked a total of 125 miles. Her passion is to encourage seniors to get out and walk. You can join Pam and other residents when the Bellos meet up each week to walk. Contact her at [pamjiner@yahoo.com](mailto:pamjiner@yahoo.com).

Remember, any form of physical activity counts.



Going for a walk, chasing grandchildren, doing lawn work, or gardening are all forms of physical activity and exercise – all of which goes towards improving your physical fitness goals. As a certified fitness trainer, myself, I believe “it’s NEVER TOO LATE to work towards being the very best you!”♥

*Editor’s note: Nathifa M. Miller, JD, Renew Your Body LLC. is a Certified Fitness Training and Zumba instructor. She offers a New-Ro-Fit class. Her motto is “exercise unlocks chemicals in the brain that helps one attain and sustain a healthy lifestyle.” Contact her at 970.305.3131, [renewyourbody2day@gmail.com](mailto:renewyourbody2day@gmail.com)*

## Exercise and the Aging Person

It is never too late to start an exercise program. With today’s medical technology and scientific advances, the average life expectancy for men and women is increasing. Together with this is the fact that with longer lives, people are looking for a higher quality of living. Greater importance is placed on independent, healthy living. Exercise is a great way to keep older people active. But exercise should be approached with caution. Exercise does not have to be vigorous to be beneficial. Even a walk around the park or 30 minutes working in the garden can be helpful for any age body and mind. Also, if 30 minutes of exercise at 1 time seems too much, research now suggests that 3, 10-minute intervals spread out over the day is just as effective. Reference: Exercise and the Aging Person. <http://www.hopkinsmedicine.org>.

# What's Up With Denver And Recycling?

## How Montbello Can Help The City Of Denver Step Up

By Eco-Cycle

With the Rocky Mountains as its backdrop and ample access to the sunny outdoors, the City of Denver is a great place to live and work. Many residents put a high premium on conservation and sustainability and take pride in the rugged beauty of the Centennial State. But when it comes to recycling—one of the simplest actions you can take to protect the environment—Denver has little to brag about. In 2015, the city recycled only 20 percent of its residential waste, sending more than 207,000 tons of trash to landfills.

### The Back of the Pack on Recycling

Denver's 20 percent recycling rate puts it near the back of the pack compared to similarly sized cities outside the state. Fresno, California is at 71 percent; Seattle, Washington, 64 percent; and Austin, Texas is at 42 percent. Missoula, Montana is the first city in the state to set a Zero Waste goal; and Boise, Idaho, recently announced that it would start curbside composting. Within the state, at least seven other Front Range cities have comprehensive recycling and composting programs that have boosted their recycling rates as high as 61 percent. (Loveland – 61 percent; Boulder – 54 percent; Louisville – 48 percent.) Other metro-area cities are actively considering expanded or new programs.

### Denver's System Doesn't Encourage Recycling and Composting

Eco-Cycle has been doing work in Denver and its neighborhoods to listen to residents and involve them in helping the city move forward with recycling and composting. Here in Montbello, we've been talking to residents active in the Colorado Latino Leadership Advocacy Research & Organization (CLLARO). One of the clear points heard is that residents would like to see a different system that rewards recycling and composting.

Montbello resident, Maria Diego, says "Right now, our system incentivizes people to throw everything in the landfill by making trash appear to be free and charging residents for compost services. I want to recycle and compost all I can to support jobs in the sustainability sector and to do my part to keep our environment healthy. I think there are more people out there also willing to support a new waste system that encourages us to recycle and compost."

Maria is right. The system isn't set up to encourage the use of recycling or compost bins. Here's the challenge:

- Denver's current trash rate system does not create an incentive for people to reduce waste by recycling and composting. In fact, because compost-



ing service costs almost \$10 per month, residents who generate less waste by recycling and composting pay more than people who throw everything in the trash.

- Large apartments and condos with eight or more units are not included in the Denver's residential recycling and composting programs, so they do not have access to services.

- Businesses generate an estimated 55 percent of the city's waste, yet there are no incentives or requirements for businesses to recycle and almost no data on business recycling rates.

- Many businesses do not have recycling services.

### Denver and Montbello Residents Support Recycling

According to a recent city survey, 88 percent of Denver residents who responded said that recycling was very important, and 73 percent said having the city help residents reduce their environmental impacts was also important.

Dina Puente, another Montbello resident, reports, "Personally, I feel it's important that Latinos have a voice in efforts to raise environmental awareness in Metro Denver because we love the area we live in and we need to take care of it and keep it clean. Our future generations depend on us to keep it looking great and safe!"

Angela Tzul said, "I agree with recycling in order to obtain a better environment. If we keep bringing

information on these themes, we can achieve new paths in our community."

### Montbello Can Help Spur Denver Forward

What can you do in Montbello to help Denver step it up for recycling and composting?

- ✓ Demand Recycling and Composting for ALL Denver Residents.

Contact your City Council members, Stacie Gilmore and Chris Herndon, as well as Mayor Hancock and urge them to provide recycling and composting services for all residents at no extra charge. Tell them that the current system is broken and must be fixed. **Residents who recycle and compost and create less waste should pay less for services than residents who throw everything in the trash.**

- ✓ Sign Up for Recycling and Composting Services

Call Denver Recycles at 720-913-1311 to get your recycling cart and sign up for curbside composting service. If you live in a large apartment building, tell your landlord that you want recycling and compost service and get your neighbors involved. ♥

*Editor's note: For more information, contact [jasmín@ecocycle.org](mailto:jasmín@ecocycle.org) or visit [www.ecocycle.org/take-action/denver](http://www.ecocycle.org/take-action/denver)*

# MARIE L. GREENWOOD:

## *Still Teaching at 104!*

By Donna Garnett

Montbello is home to several schools named for some of Denver's most illustrious education leaders – Rachel B. Noel, Jessie Whaley Maxwell, Marie L. Greenwood, Farrell B. Howell, and John Amesse. The MUSE decided to pick one of these namesakes to highlight in this issue. Upon learning that Mrs. Marie Greenwood is still actively involved with the elementary school named in her honor, the choice was made.

Marie Louise Greenwood (nee Anderson) was born in Los Angeles, California on November 24, 1912, the only daughter of Joseph and Sarah Anderson. The family moved to Denver in 1925. She graduated from West Denver High School in 1931, third in her class of 257, received an honorary state scholarship and entered Colorado Teachers College in Greeley (now UNC). She graduated in 1935 with a degree in Kindergarten Primary Education and, soon after, she became one of the first African-Americans to receive a contract from Denver Public Schools where she was assigned to teach at Whittier Elementary School.

Throughout the years, Mrs. Greenwood continued to break many racial barriers on behalf of teachers of color. In 2007, she wrote a book entitled, *Every Child Can Learn*, in which she recounts some of the many challenges she faced during her 30 years of teaching and expresses her basic philosophy of education. After retiring in 1974, she continued to read to young children through the "Denver Public Library Read-Aloud Program" for many years. Because of her pioneering and trailblazing in the field of education, a Denver Public School in Montbello was named in her honor – MARIE L. GREENWOOD K-8 SCHOOL.



Marie Greenwood Scholars read from Mrs. Greenwood's autobiography, *By The Grace Of God*.  
Photo by Terri Baldwin

At 99 years of age, Marie Greenwood wrote her autobiography, *By the Grace of God*. She believes that it is only by the "Grace of God" she is still alive, at 104, and able! Not only is she able, she is actively involved with the students of Greenwood Elementary. This author had the opportunity to meet with five members of the Marie Greenwood Scholars. The Greenwood Scholars are part of the Each One Teach One program at the school. Students in the upper elementary grades apply to become a scholar. Rachel Gutierrez, Ashley Paz-Palera, Gerardo Rendon, Alyssandra Greene, Adriana Aleman explained excitedly about the honor and privilege of meeting and learning with Mrs. Greenwood.

Throughout the year, the scholars read her autobiography and visit her in her retirement home. The highlight is watching Mrs. Greenwood's documentary in the theater room of the retirement home. The scholars visit her a couple of times a year and this past year she came to the school with Mayor Hancock to be honored for her accomplishments.

The students are eager to recite important dates and events in Mrs. Greenwood's life. "She experienced lots of racism." "She still exercises and stretches every morning when she gets up." "Her favorite television show is Jeopardy." The students even created a Jeopardy game about her life and

played the game with her at her home. When asked what they like best about being a Marie Greenwood Scholar, the students reply, "she answers all our questions." One of the students adds with great reverence, "she is my inspiration." ♥

*Editor's Note: The front cover of the MUSE this issue features Marie Greenwood with several of the Greenwood Scholars. This photo was generously contributed by photographer Katy Tartakoff - voted #1 Portrait Photographer by Denver's AList 2016 and 2017.*



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## MEET DR. MARY DAVIS: *Businesswoman, Educator, and Activist*

By Donna Garnett

Montbello is fortunate to be home to many vibrant and active seniors. Among those is Dr. Mary Davis, CEO of McGlothlin Davis, Inc. Somewhere in her 70s – she won't say exactly where — Dr. Davis still runs the company that she and husband, Don Albert Davis, started in 1995. She brings that same entrepreneurial spirit to the business that led to the creation of the company so many years ago. With a focus on leadership development, strategic planning, and design of comprehensive programs aimed at helping businesses create healthy work environments, she has brought her expertise to small businesses and large companies in and out of Colorado.

Dr. Davis is a long-time resident of Montbello, having moved here in 1974 when her husband was transferred to Denver. They arrived in town with two young daughters in tow and a bright future ahead of them. She first taught nursing at Arapaho Community College and then became Director of Health and Human Services Division at Community College of Denver. Later she was appointed the first Dean of Instruction at Community College of Aurora. From there, she joined RTD as Director of Administration in 1985 where she worked for the next ten years. At that juncture, she left to start McGlothlin Davis, Inc.

Sitting across the table from her as she recounts her journey through the worlds of higher education, regional transportation, and organizational management this reporter was struck by the intelligence and boundless energy that characterizes this amazing woman. Asked if she was thinking of retiring anytime soon, Dr. Davis replied with a resounding, “never.” In fact, at an age where others might be contemplating a more relaxed and less stressful life, she expanded her business in 2012 to include the World of Wellness Home Care program. World of Wellness Home Care provides companion and personal care services to homebound clients. She and Don were moved to start the licensed non-medical home health care agency because, “so many of our elderly family members were needing help staying in their homes.” With the passing of her husband in 2014, she has spent more time building that business.

World of Wellness provides three levels of care services – personal care, homemaker care, and respite care. Northeast Denver is the target community for the services and the care providers are most often from the very communities where the clients live. “Some of the best caregivers are able-bodied retirees,” she adds. Currently, World of Wellness employs ten caregivers and provides services to clients ranging in age between 30 and 90 years. Dr. Davis oversees the recruitment and training of caregivers and personally visits every client at least once every three months. These visits are meaningful to the clients and are also meaningful to her. “It's a business but more than that, it's a mission.”

Dr. Davis has many interests and is active in her community and her church. She has been instrumental in advocating with RTD to ensure that bus stops were not eliminated when the commuter rail opened and the Park and Ride was moved to the Peoria station. She works to bring needed medical services and education to the community. On a personal note, she has a passion for hats and brightens the congregation each week with one stunning chapeau after another. ♥

*Editor's Note: For more information regarding World of Wellness, visit <http://www.worldofwellnesshomecare.com> or call 303-780-7339.*



## *2nd Annual District 11 Senior and Youth High Tea*

By Councilwoman Stacie Gilmore



The District 11 Council office is honored to be hosting the 2nd Annual Senior and Youth High Tea on Saturday, August 5 from 10 a.m. to noon at the Montbello Recreation Center located at 15555 E 53rd Ave, Denver 80239. We celebrate our District 11 seniors and youth by inviting them to join us for a free, catered brunch with delicious pastries, tea, and great conversation. Space is limited, so please RSVP to [Magen.Elenz@denvergov.org](mailto:Magen.Elenz@denvergov.org) or call 720-337-7711 to reserve your seat at the 2nd Annual Senior and Youth High Tea.

The District 11 Office started the Senior and Youth High Tea in 2016 as part of the Mayor's Denver Days Initiative seeing a need for events specifically catered to our seniors and youth. I hoped to create an event to both celebrate our community elders and youth, and a way to share experiences between these two populations. During the two-hour event, the attendees will enjoy countless conversations, a catered brunch with, of course, tea and coffee, and an interactive game.

Last year's game included a purse and pocket “scavenger hunt” where tables worked together to try to collect all the items on the scavenger list. An impressive win by the table who had all the items, including a sewing kit, rubber band, and day planner, received free Denver Zoo and Denver Museum of Science and Nature tickets. This year we will have a different, but just as entertaining game and winners will have a chance to win gift cards and other Denver-attraction tickets. These games help the tables ‘break the ice’ and really get to know each other in a celebratory environment.

My strong commitment to our seniors is reflected in events, like our annual Senior and Youth High Tea, but also through my quarterly meetings at the Sable Ridge residence, our co-sponsorship of Hiawatha Davis Senior Luncheon. We also provide hard copy newsletters for seniors who do not communicate via emails. We have created the District 11 Resource Directory and through our regular office hours, we always have time available for our seniors, as well as for all our community members. On the legislative side, I have advocated for an expansion of affordable housing for folks to have options, for financial literacy, and for more resources for seniors including human services to recreation programs. Seniors are the backbone of our community. They are our community historians, and their wisdom is always appreciated in the District 11 Council Office.

Reach out to me if you need anything at [Stacie.Gilmore@denvergov.org](mailto:Stacie.Gilmore@denvergov.org) or call 720-337-7711. We look forward to having our seniors and youth at our high tea event in August! ♥

## Information to Assist Seniors

By Chris Martinez

**D**id you know that the City and County of Denver has a Commission on Aging (DCOA) that is an advisory commission to Mayor Michael B. Hancock that is housed in Denver Agency for Human Rights and Community Partnerships? This commission is designed to work with and on behalf of seniors. The Commission's mission is to help make Denver the best community for older adults through:

- ✓ Advocating for their rights and concerns,
- ✓ Empowering older adults through dissemination of information and sharing community resources,
- ✓ Monitoring and recommending legislation and proposed policy changes affecting older adults.

Their goals are to educate, support and advocate for public policy of concern to older adults. They also identify gaps in services for older adults through various forums and community conversations and provide a venue for older adults to gain understanding of services. One of the ways this is accomplished is through the Commission's signature event "Seniors in September." The event will be held this year on Sept. 15 at the Botanic Gardens. It is free and open to the public. Be on the lookout for additional information.

The commission also publishes the "Older Adult Resource Guide" which is a directory of groups and organizations that provide service for seniors. This is free and available to Seniors to help them find the services needed. Resource listings range from health care, consumer fraud/identity theft, home health/housekeeping to home repairs/maintenance and many other items provided by organizations and support groups. Interested in having your own copy of this excellent resource directory? You can find an electronic copy of the Resource Guide on our website along with additional information for seniors by visiting [www.Denvergov.org/Aging](http://www.Denvergov.org/Aging) or calling 720-913-8456.

## Resources for Seniors

### Denver Commission on Aging

**Contact:** Perla Gheiler, Commission on Aging Liaison  
720-913-8456, [perla.gheiler@denvergov.org](mailto:perla.gheiler@denvergov.org)

### Volunteers of America

#### Montbello Manor Senior Apartments

**Contact:** Dawn Mallard 720-374-4955,  
[montbellomanor@voacolorado.org](mailto:montbellomanor@voacolorado.org)

### A Little Help

#### Connecting neighbors to help seniors thrive

**Contact:** Amanda Gregg 720-242-9032,  
[amanda@alittlehelp.org](mailto:amanda@alittlehelp.org)

### Area Agency on Aging

#### Aging and Disability Resource Center for Colorado

**Contact:** 303-480-6700

### Colorado Latino Age Wave

**Contact:** Daniela Young Project Manager  
303-398-7447, [dyoung@rcfdenver.org](mailto:dyoung@rcfdenver.org)

## Are Women Prepared for Life Alone as They Age?

**T**he trends are clear – as women age the odds are they will be living alone, largely because of either divorce or widowhood.

What may be less clear for many of them is whether they are prepared for that life alone – both emotionally and financially, says Susan L. Hickey, a financial professional at Your Own Retirement LLC.

"Although both men and women could live three or four decades in retirement, it's more likely for women because they have longer life expectancies,"

Hickey says. "But they also often have less in savings, and smaller, or no pensions. So their longevity can work for them and against them."

Almost half (46 percent) of women who are 75 or older live alone, according to the U.S. Department of Health and Human Services' Administration for Community Living.

But women, many of whom are heads of households, don't always do a good job of planning for their retirements because they spend so much of their time thinking about the needs of others – their children, their spouses, their aging parents, Hickey says.

"They need to realize that their happiness and security in their later years can hinge on so many things, and not just their savings," she says. "So many factors come into play."

Hickey says some mistakes women make in planning for retirement, and what they can do to correct those mistakes, include:

**Failing to participate in planning.** Many women traditionally have left the retirement planning to their husbands and that's a mistake, Hickey says. Women should be actively involved. They need to understand their financial situation, what would happen if their spouse dies and where all the important papers are kept. When a meeting happens with a financial professional, they should be part of that and help make the decisions.

**Underestimating how long they will live.** For some reason, many women have trouble imagining just how long retirement might last. Life expectancy for women in the United States is about 81, and that's an average. Many women will live into their 90s and some will pass 100. When planning and saving, women need to consider that they might be living 30 or 40 years after they retire.

**Failing to protect their health.** Maintaining your general health and well-being is important because medical costs can eat into retirement money, Hickey says. The nest egg that someone thought would be more than sufficient can start disappearing quickly when there are significant medical issues. Women need to make sure they get exercise, eat healthy meals and keep up with those doctor visits.

"So much of this is connected," Hickey says. "When women feel that they have a good financial plan in place, they are more likely to feel secure and that's good for both their physical health and their emotional health."♥

*Editor's Note: Susan L. Hickey ([www.yourownretirement.com/womansworth](http://www.yourownretirement.com/womansworth)) is a financial professional at Your Own Retirement, LLC. She helps guide clients, many of which are single women or female heads of households, on the many facets of planning for retirement. Because of her advocacy, Hickey combines numerous elements of retirement income planning through the use of insurance products, which includes strategies for claiming social security benefits, Medicare costs, long-term care concerns as well as traditional income needs. She holds her life and health insurance licenses, and has earned the distinguished Retirement Income Certified Professional designation.*



## City Launches Far Northeast Small Area Planning

Nearly 200 residents of Montbello, Green Valley Ranch, Parkfield, and High Point convened at the Evie Dennis Campus on June 22 to be part of the dialogue at a public planning meeting facilitated by Denver’s Planning Office. The meeting was opened by Courtland Hyser, Project Manager for the Neighborhood Planning Initiative. Councilman **Chris Herndon**, of City Council District 8 welcomed the participants and expressed his gratitude at the number of people in attendance at the first meeting of this eighteen to twenty-four month process.



District 11 Councilwoman **Stacie Gilmore**, also welcomed the group and stated, “We have wanted a neighborhood plan for years. Growth is inevitable, but we want to drive this work for us – not for someone else. This is our opportunity to plan for what we want. We want to protect those things that are important to us – to our community. Let’s think outside the box. Nothing is off the table.”



Mr. Hyser then introduced City Planning Staff and proceeded with a 20-minute presentation on what they are hearing about the needs, concerns, issues related to the FNE communities. He explained the difference between citywide plans such as Denveright which are broad plans that tackle a single issue or theme and Small Area or Neighborhood Plans. These plans involve more integrated planning, are systems-oriented and generally aimed at guiding development for twenty years or more.

The presentation further identified the framework and timeline for the seven-step process for planning. The seven steps include:

- Step 1** – Understand the area
- Step 2** – Set the vision
- Step 3** – Focus the plan content
- Step 4** – Study, learn, explore
- Step 5** – Develop ideas
- Step 6** – Draft plan
- Step 7** – Adoption

After the seven steps of the planning process comes implementation. Already, city staff have been in the community meeting with key groups to listen to concerns. The ensuing process will involve many more touchpoints with the residents of the communities affected. The goal is to have a resident-involved process and not the usual way of doing business where planners create a plan and then take it to the community for reaction. This process will start with dialogue from which a draft plan is constructed.

The content and scope for all plans will include some standard topics and will follow a standard process for the selection neighborhood-specific focus topics. The process will also focus on implementation, with all plans identifying metrics to track progress. This approach will provide ample flexibility to allow plans to be customized to meet the needs of different neighborhoods, while at the same time providing consistency to ensure an efficient and equitable process across different plans.

Following the presentations, participants broke out into geographic-specific discussion groups where a planning staff member facilitated the discussion over a map of the target neighborhoods. Spirited discussion at each table involved discussing the accuracy of the current data and identifying on the map current assets and liabilities as well as identifying where new plans should focus. Clearly, interest is high and residents are invested in the outcome. The challenge will be to sustain that interest and energy.

The next public meeting will be devoted to “Setting a Vision” with a date to be announced in late summer. Plan to add your voice to the discussion.

## FNE NEIGHBORHOOD PLANNING STEERING COMMITTEE MEMBERS

Councilwoman Gilmore and Councilman Herndon have selected a Steering Committee to advise on the Neighborhood Planning Process and the developing plans. Members of the committee include: **Rich Barrows** (Boys and Girls Club); **Earleen Brown** (Northern Corridor Coalition); **Shelli Brown** (Steps for Success); Tim Camarillo (Green Valley Ranch Metro District); **John Foote** (Green Valley Ranch Citizen’s Advisory Board); **George Karayannis** (Panasonic); **Heather Lafferty** (Habitat for Humanity); **Terry Liggins** (Montbello Organizing Committee); **LaToya Petty** (Families Forward RC); **Loretta Pineda** (ELK); **Angie Rivera-Malpiede** (Northeast Transportation Connections); **Brian Smith** (Rage Fitness); **Susan Stanton** (Village Homes/Wm Lyons); **Frank Tagader** (Parkfield II Homeowners Association); **Rose Thomas** (Green Valley Ranch Master Homeowners Association); **Turner Wyatt** (Denver Food Rescue) and **Ann White** (Montbello 20/20). ♥

## Seniors Speak Out

Several times each month, seniors from Montbello Manor and other locations around Montbello convene for dialogue, food, and activities. On a rainy afternoon in May twenty or so folks gathered to talk about their needs and concerns and to envision what a senior-friendly Montbello would include. Timid at first, residents began to voice their discontent with health care providers, housing, and the transit system. They talked about the challenges of simply getting groceries, finding accessible housing, and the lack of interesting activities for seniors. Like younger and more able residents, these seniors decry the lack of a grocery store in Montbello and too often find themselves isolated and without interesting or challenging activities in which to participate.

On the subject of medical care, the expressed concerns ranged from the inability to get an appointment at Denver Health Montbello to the lack of transportation to get to doctor’s appointments in other parts of the city. Several people told stories about waiting for long periods of time at Denver Health and generally being ignored or treated rudely. Many residents at Montbello Manor depend on Senior Source to transport them to appointments and shopping every Friday. Only problem — there is not enough room for everyone who needs transportation and there is room for only one wheelchair on the vehicle.

Transportation is a many-faceted issue. For those who have the physical ability to get to bus stops to take advantage of RTD, their concerns are the lack of bus shelters to protect people from the weather and long stretches where sidewalks simply do not exist. These conditions further isolate people who find it nearly impossible to take advantage of the transit system.

Housing is a major concern. All participants in the discussion live in apartments and most in low income housing. All have limited income. Several people related stories of problems with landlords and their fears of complaining too much about simple problems such as addressing heating problems and minor repairs. They fear being evicted from their homes and with housing so difficult to find, they worry about not having a place to live. Residents of Montbello Manor pointed to the accessibility of their housing and the involvement of Latino Age Wave in bringing activities like “Spanish Bingo” to their environment. Forty or so players (Spanish and English speakers) participate every week.

Toward the end of the discussion, the talk turned to ideas about improving the community for seniors – especially those with limited resources and disabilities. Resoundingly, the participants would like to have closer grocery store options, appropriate sidewalks, and activities. Specifically, they mentioned the desire for Zumba and Yoga and walking groups.

The Montbello Organizing Committee (MOC), as well as other organizations in the community envision “a community that is healthy, vibrant, strong, and economically viable.” It behooves us all to ensure that the vision encompasses our oldest residents as well as those at other ages. ♥

## Better Connection to 911

By Erik Penn

Connecting with emergency responders through Denver 911 is difficult at times when living in the Montbello neighborhood. Due to our geographic location and the location of cellular towers in the area you may be connected to Adams County or Aurora police. This was the case recently when shots rang out in the Scranton Ct. and Andrews area of Montbello. Calls to 911 were connected to Adams County and when they attempted to transfer the call, it connected to Denver's non-emergency line and was placed on hold.

Luckily, Denver's 911 has been hard at work updating their systems and upgrading to advanced technologies that allow those in the area to connect via text message. That's right; Denver has 911 texting ability. Athena Butler, Director for Denver 911 with the Department of Safety, recently visited with neighbors at Montbello 20/20's June 1st meeting and discussed the updates and changes happening within the city's 911 system.

Good to know is that Denver 911 is looking to relocate into the Montbello area and will be gaining around 20,000 sq. ft. in the move. This will help in their goal of hiring more call takers and dispatchers to lower response times and to ensure that callers are not put on hold. Better to know is that callers can better connect with Denver 911 through 911NOW. 911Now includes TEXT 911, SWIFT 911, and SMART 911. These three programs provide enhanced connection and communication between the community and emergency response.

TEXT 911 allows residents of Denver to text 911 when it would otherwise be less safe to call. The service is also an asset to those with certain disabilities in which typing is easier than talking. SWIFT 911 is a service in which Denver 911 can push out emergency information to residents of a specific area. If there is a large fire, possible active shooter, or other situation, this service allows the police to send automated messaging out to targeted phone numbers to update residents. Denver 911 already has everyone's information and landline phone number and can push out these alerts now. However, callers with a cellular line will need to sign up for the service on Denver 911's website, here: at <https://www.denvergov.org/content/denvergov/en/department-of-safety/emergency-services/911-emergency-communications/swift911.html>.

Last, SMART911 is a service you can sign up for where you build a profile that gets sent to the dispatcher each time you call 911. The profile can store information such as medications you may be taking, allergies, pets or family members in the home, safety concerns, and so on. This allows the dispatcher and responding emergency providers to better understand the caller's home environment and anything of which they need to be aware so as to best respond to the emergency. Caller information is stored with a third-party vendor that must meet Denver 911 and Federal Homeland Security requirements.

Using these three tools can change the way residents interact with emergency responders and Denver 911. Ms. Butler emphasized, however, that one of the best things anyone can do to help others is to call the non-emergency line for concerns of a non-emergent or immediate nature. Denver's non-emergency line is 720-913-2000. With these new services, we will hopefully see a decrease in wait times and faster responses to the Montbello community when there is urgent need. ♥



## Mejor Conexión al 911

Por Erik Penn / Traducido por Marta Welch

Conectando con los equipos de respuesta de emergencia a través de Denver 911 es difícil a veces cuando se vive en el vecindario de Montbello. Debido a nuestra ubicación geográfica y la ubicación de las antenas celulares en el área, usted podría ser conectado al condado de Adams o a la policía de Aurora. Este fue el caso recientemente cuando sonaron tiros en el área de Scranton Ct. y Andrews en Montbello. Las llamadas al 911 fueron conectadas con el condado de Adams y cuando intentaron transferir la llamada, se conectó con la línea de no-emergencia de Denver y se puso en espera.

Afortunadamente, el 911 de Denver ha estado trabajando duro actualizando sus sistemas y mejorando las tecnologías avanzadas que permiten a las personas en el área a conectar a través de mensajes de texto. Eso es correcto; Denver tiene la habilidad de mandar mensajes de texto al 911. Athena Butler, Directora de Denver 911 con el Departamento de Seguridad, visitó recientemente a los vecinos en la reunión 20/20 de Montbello el 1 de junio y discutió las actualizaciones y cambios ocurriendo dentro del sistema 911 de la ciudad.

Es bueno saber que Denver 911 está buscando reubicarse en el área de Montbello y ganará alrededor de 20,000 pies cuadrados en el movimiento. Esto ayudará en su objetivo de contratar a más tomadores de llamadas y despachadores para reducir los tiempos de respuesta y para garantizar que los llamantes no se pongan en espera. Es mejor saber que las personas que llaman pueden conectarse mejor con Denver 911 a través de 911NOW. 911NOW incluye TEXT 911, SWIFT 911 y SMART 911. Estos tres programas proporcionan una mejor conexión y comunicación entre la comunidad y la respuesta de emergencia.

Text 911 permite a los residentes de Denver a mandar un texto al 911 cuando por el contrario sería menos seguro llamar. El servicio también es una ventaja para aquellos con ciertas discapacidades en el que escribir es más fácil que hablar. SWIFT 911 es un servicio en el que Denver 911 puede empujar información de emergencia a los residentes de un área específica. Si hay un gran incendio, posible pistolero activo, u otra situación, este servicio permite que la policía envíe mensajes automatizados a números de teléfono específicos para actualizar a los residentes. Denver 911 ya tiene todos los datos y números de teléfono fijos y puede empujar estas alertas ahora. Sin embargo, las personas que llaman con una línea celular tendrán que registrarse para el servicio en el sitio de web de Denver 911, aquí: en

<https://www.denvergov.org/content/denvergov/en/department-of-safety/emergency-services/911-emergency-communications/swift911.html>.

Por último, SMART911 es un servicio al que puede registrarse para crear un perfil que se envía al despachador cada vez que llama al 911. El perfil puede almacenar información como medicamentos que usted puede estar tomando, alergias, mascotas o miembros de la familia en el hogar, preocupaciones de seguridad, y así sucesivamente. Esto permite que el despachador y los proveedores que responden a las emergencia comprendan mejor el ambiente en el hogar de la persona que llama y cualquier cosa de la que tengan que estar informados para responder mejor a la emergencia. La información de los llamantes se almacena con un proveedor externo que debe cumplir con los requisitos de Denver 911 y del departamento Federal de la Seguridad Nacional.

Utilizando estas tres herramientas pueden cambiar la forma en que los residentes interactúan con los respondedores de emergencia y Denver 911. La Sra. Butler enfatizó, sin embargo, que una de las mejores cosas que cualquiera puede hacer para ayudar a los demás es llamar a la línea de no-emergencia para problemas de motivos que no son emergentes o inmediatos. La línea de no-emergencia de Denver es 720-913-2000. Con estos nuevos servicios, esperamos ver una disminución de los tiempos de espera y respuestas más rápidas a la comunidad de Montbello cuando hay una necesidad urgente. ♥

## DPS Establishes Far Northeast Education Commission

Recently, Denver Public Schools established a commission to advise on educational issues and make recommendations to the District regarding the needs of this large and diverse community. The Far Northeast (FNE) Education Commission is the third stage of a multi-phased plan from the Denver Public School District to re-engage and build relationships with the Montbello and Green Valley Ranch community.

Over the past few months, the District's public affairs office has led a seven-phase engagement plan. The first phase of this plan was a series of Listen and Learn Sessions that brought the district and many of its departments to the community. The intention of these Listen and Learn Sessions was to provide a space where families could meet and engage in face-to-face dialogue with specific department or program staff within the District. For example, parents and community members could sit across the table from Family and Community Engagement (FACE) staff or the Mill and Bond team and others, and hear about the role that each department has in the community. Superintendent, Tom Boasberg, and DPS Board member, Dr. Rachele Espiritu, were on hand to share what they do but also to answer questions and hear directly from the community.

Phase two of this engagement plan was the Community Feedback Meetings. These meetings were focused on the District listening rather than sharing. During these meetings parents, community members, educators, and students split into groups to go through a guided series of questions and shared their experiences with DPS in the region. The feedback gathered from phase two has been compiled and sorted into themes that the Commission will use to delve deeper into the identified topics. Expressed concerns include student safety (inside and outside of the school), challenges of shared school facilities, and the lack of athletics and extra-curricular programming in the region. Many have identified the lack of a comprehensive high school in FNE.

These and other subjects will be taken up by the FNE Education Commission. The first Commission meeting will be Thursday, July 20. ♥

## DUS Seeks Family Nominations and Scholarship Applications

In celebration of 30 years of spreading the news about people of color, *Denver Urban Spectrum* will host a festival, dedicated to family and the institution of family reunions. The Power 30 Family Reunion Festival will be dedicated to the establishment of family and focus on "genuine" family time fun.

In addition to the diverse family events, 10 three-generational families will be recognized and a \$500 scholarship will be presented to a student pursuing a career in journalism. The Urban Spectrum Youth Foundation is inviting all participants from the past Summer Journalism Programs from 2001 to join in the festivities. The Family Reunion Festival will be held on August 5, from 10 a.m. to 8 p.m. at the Great Lawn Park, 8550 Lowry Blvd., (Lowry Blvd and Willow Circle) in Denver. For more information, on the Festival visit, [www.familyreunionfestival.com](http://www.familyreunionfestival.com) or call 720-744-2300 or 1-888-995-5556.

### DO YOU KNOW A QUALIFIED FAMILY AND STUDENTS???



#### Family Festival 3 Generational Family

*Denver Urban Spectrum* will recognize 10 families with three living generations, all who are active participants in their community, striving to make a difference. Names are being requested for nominations by calling 303-292-6446 or email [power30@urbanspectrum.net](mailto:power30@urbanspectrum.net).



#### DUS Power30 Journalism Scholarship

*Denver Urban Spectrum* is accepting scholarship applications from a high school senior pursuing a career in journalism and will be attending a college or university in the fall. The deserving student will be presented with a \$500 scholarship during the festival. For more information and to request an application, email [usyf@urbanspectrum.net](mailto:usyf@urbanspectrum.net) or call Melovy at 303-292-6446.

#### Nomination/Application Form

Family/Student Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Nominated by: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Fax this form to 303-292-6543, mail to PO Box 31001, Aurora, CO 80041 or call 303-292-6446 to nominate a family or student. Deadline to read nominations is Saturday, July 15,



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11:00 AM- 1:00 PM

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**Online Registration:**

[www.July22HomeWealthSeminar.eventbrite.com](http://www.July22HomeWealthSeminar.eventbrite.com)

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Chief Executive Officer  
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# Money Skills for Life at Young Americans Bank

By Janet Redwine

According to data collected by the National Financial Educators Council, only 48 percent of people can pass a basic financial literacy test. Yet, money is a fact of everyday life; and learning to manage money well is critical to achieving freedom, independence, and success.

Take savings as an example. In January, CNN reported that six out of every ten Americans couldn't afford an unexpected expense of \$500. Without an emergency fund, unexpected expenses can lead to long-term, recurring financial hardship, especially when families use credit cards or payday loan services. If parents aren't able to create healthy savings habits, they may not teach their children to save money, either.

Enter Young Americans Bank: a bank just for young people that provides youth with real banking experience and with resources to set them on a path of savvy savings. With a branch not too far from Montbello at the Denver Public Schools campus in Green Valley Ranch (also called the Evie Dennis Campus), starting on this path has never been easier.

Founded in 1987 by cable pioneer Bill Daniels, Young Americans Bank is the only bank in the world designed specifically for young people. It offers the same products and services found at "adult" banks: savings accounts, checking accounts, loans, CDs, debit cards and credit cards. But, these services are customized for its youth customers. For example, youth must sit down for a one-on-one session with a loan officer before receiving a credit card with a \$100 limit. And, the Bank offers "micro-loans" for as little as \$25. When opening an account, employees patiently explain the banking process, walking youth through deposit slips, interest, and online banking. Young people can earn prizes by recording regular bank visits in their Savings Passbook.



Besides banking products for youth, Young Americans Bank offers free Money Matters classes to the community. In Coin Carnival, three to five-year-olds learn about different denominations of coins through art activities and basic math. Older children enjoy lessons such as

See Your Savings Grow, which prompts youth ages six to eight to think about short-term and long-term savings goals. The idea is to start early and to make financial education FUN. Research validates that when combined, these two techniques help children develop positive habits and skills that can help them for the rest of their lives.

"Summer is the perfect time for young people to get started at our bank," says Richard E. Martinez, Jr., President and CEO of Young Americans Bank and Young Americans Center for Financial Education. "They typically have time to earn money, maybe by mowing lawns or watching pets, and they can literally put their money to work by earning interest in a savings account. Setting a short-term savings goal, such as a \$15 trip to the movies or a \$30 Lego set can motivate them save even more."

Whether families are looking for a kid-friendly place to teach their children about finance, or young people want to apply for small business loans to expand their businesses, Young Americans Bank has the products and services that can help young people create a successful financial future. ♥

*Editor's note: Janet Redwine is Communications Director of Young Americans Bank and Young Americans Center for Financial Education. For more information, visit us online at [www.yacenter.org](http://www.yacenter.org).*

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United Church of Montbello (Crown & Andrews)

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## **July/August 2017**

### **July 8 - 10 a.m. to Noon**

Office Hours with Councilwoman Stacie Gilmore, Green Valley Ranch Library  
For more information call 720-337-7711 or email [Magen.Elenz@denvergov.org](mailto:Magen.Elenz@denvergov.org)

### **July 11 - 6:30 to 8 p.m.**

MOC Retail Development Task Team - Montbello Organizing Committee, United Church of Montbello, 4879 Crown Blvd.  
For information, email [montbellonews@gmail.com](mailto:montbellonews@gmail.com)

### **July 12- 6 to 7:30 p.m.**

MOC Community Enhancement Task Team Montbello Alive! Planning 360, 12000 East 47th Ave.  
For information, email [montbelloorganizing@gmail.com](mailto:montbelloorganizing@gmail.com)

### **July 17 - 6 to 7:30 p.m.**

MOC Transportation Development Task Team, Academy 360, 12000 East 47th Avenue  
For information, email [montbellonews@gmail.com](mailto:montbellonews@gmail.com)

### **July 27 - 10 a.m. to Noon**

Office Hours with Councilwoman Stacie Gilmore - Arie P. Taylor Building Council District 11 Office  
For information, call 720-337-7711 or email [Magen.Elenz@denvergov.org](mailto:Magen.Elenz@denvergov.org)

### **July 28 - 6:30 p.m. & July 29 - 8 a.m.**

Girls Empowerment Workshop #Aviation Soar to New Heights Athletics & Beyond 9195 E. Mineral Ave, Centennial 80112  
For information, call 303-725-0811 or email [coachnarcy@hotmail.com](mailto:coachnarcy@hotmail.com)

### **July 31 - August 18 - 9 a.m. to 3 p.m.**

Camp Trilogy-Free Summer Camp Montbello Recreation Center, 15555 E.53rd Avenue, Denver  
For information, call 720-865-0580 or visit [www.denvergov.org/recreation](http://www.denvergov.org/recreation)

### **August 3 - 6 to 7:30 p.m.**

Montbello 20/20 Community Meeting, Arie P. Taylor Building, 4685 Peoria St.  
For information, email [Montbello2020rno@gmail.com](mailto:Montbello2020rno@gmail.com)

### **August 5 - 10 a.m. to Noon**

2nd Annual District 11 Senior and Youth High Tea, Montbello Recreation Center, 15555 E 53rd Avenue, Denver  
For information or to RSVP, call 720-337-7711 or email [Magen.Elenz@denvergov.org](mailto:Magen.Elenz@denvergov.org)

### **August 8 - 6:30 to 8 p.m.**

MOC Retail Development Task Team, Montbello Organizing Committee United Church of Montbello, 4879 Crown Blvd.  
For more information, email [montbelloorganizing@gmail.com](mailto:montbelloorganizing@gmail.com)

### **August 9 - 6 to 7:30 p.m.**

MOC Community Engagement Task Team, Montbello Organizing Committee, Academy 360, 12000 East 47th Ave.  
For information, email [montbelloorganizing@gmail.com](mailto:montbelloorganizing@gmail.com)

### **August 12 - 10 a.m. to Noon**

Montbello Office Hours with Councilwoman Stacie Gilmore, Arie P. Taylor Building Council District 11 Office  
For information, call 720-337-7711 or email [Magen.Elenz@denvergov.org](mailto:Magen.Elenz@denvergov.org)

### **August 21 - 6 to 7:30 p.m.**

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For information, email [montbellonews@gmail.com](mailto:montbellonews@gmail.com)

### **August 31 - 10 a.m. to Noon**

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.....  
*If you have a **Save The Date** activity to be listed in the July/August issue of MUSE,  
send details to [montbellonews@gmail.com](mailto:montbellonews@gmail.com).*

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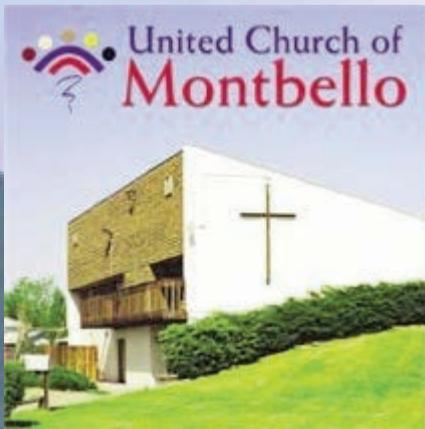
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